



# ZONTA

CLUB OF  
HAMILTON I

MEMBER OF ZONTA INTERNATIONAL  
EMPOWERING WOMEN  
THROUGH SERVICE & ADVOCACY



## TEL-O-ZONTA APRIL, 2022

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**KARIN ECKART, EDITOR**

### *Board of Directors 2021-2022*

Officers		Directors	
<b>President</b>	Trish Mongeon		
<b>Vice-President</b>	Debbie Field	<b>First Year</b>	Jelaine Foster
<b>Recording Secretary</b>	Alice Tyler	<b>Second Year</b>	Dianne Moore
<b>Treasurer</b>	Maureen Hayman		

### **APRIL 26TH, 2022 MEETING**

You are invited to the  
**Zonta Club of Hamilton 1**  
**Meeting In person**

Registration is Required

**The Visitors Inn**  
**Hungry Traveller Restaurant**  
649 Main Street West (near Hwy 403)

**5:30 pm Social**

**6:00 pm Dinner**

**7:00 pm Speaker & Business Meeting**

**Via Zoom**

Please click the link below  
to join the Zoom Meeting

<https://adric-ca.zoom.us/j/62528162480>

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### **ATTACHMENTS**

Eulogy for Sheila Forbes



## *Dates to Remember*

### UPCOMING EVENTS

APRIL 22, 2022—EARTH DAY

APRIL 24, 2022—INTERNATIONAL DAY OF MULTILATERALISM AND DIPLOMACY FOR PEACE

MAY 15, 2022—ZONTA CONVENTION REGULAR REGISTRATION ENDS

MAY 24, 2022—ZONTA HAMILTON 1 ANNUAL GENERAL MEETING

JUNE 25-28, 2022—65TH INTERNATIONAL CONVENTION, HAMBURG, GERMANY

### HAPPY BIRTHDAY!

**April 1 — Nina Ahuja; April 3 — Janice Sheehy  
April 15 — Jelaine Foster  
April 27 — Lena Marie Neil**

Zonta International:  
[www.zonta.org](http://www.zonta.org)  
District 4 Website:  
[www.zontadistrict4.org](http://www.zontadistrict4.org)

Zonta Club of Hamilton 1:  
[www.zontahamilton1.ca](http://www.zontahamilton1.ca)  
For information, please email:  
[contactus@zontahamilton1.ca](mailto:contactus@zontahamilton1.ca)





## *April 2022 President's Report*



### **Spring has Sprung – A Time For Renewal**

Spring brings a renewed sense of hope and optimism. It is the season when new growth begins and changes happen all around us. The days are longer and brighter, they are starting to get warmer, snowdrops and crocuses are starting to bloom and our emotions are lifted.

Spring is celebrated all over the world in a multitude of ways. Different cultural traditions have fertility gods up to all sorts of antics, pagan Green Man festivities happen, and the festival of Easter for Christians is a time of rebirth. Springtime has always been marked in some way. All of these festivals focus our thinking on positivity. We are inspired to be optimistic and positive as Spring springs up around us. It is a time for new beginnings.

As we come to the end of this Zonta Biennium, we can congratulate ourselves for all we have accomplished in the last 2 years, not least of which is hopefully coming out the other side of COVID. We know that it is still out there, but we also know how to get through it. I certainly am feeling more optimistic and want to thank each of you for your support of our club during this difficult period. I am also looking forward to the next Biennium. New goals, new roles and new accomplishments for our club and Zonta around the world.

Despite this feeling of renewal, I remain very aware that there are many places in the world that are not feeling very optimistic. People are being oppressed in many ways, and so many of them are women and children. We can't turn on the news without the images of horror flashing in front of us.

But maybe that is ok, it helps us remember just how fortunate we are in Canada. It also reminds us that our work as Zonta members is not done. There is so much more we can do to empower other women so that their "Spring" can be just as bright.

Trish

## *Zonta International Virtual Convention*

For the Virtual Convention there is no need to register separately as we are allowed to have any number of people together using one virtual registration. If interested, please send Trish Mongeon an email. She will set up a large screen in the living room. Bring a sandwich and come for all or part of a day.



## *Membership Matters*



### **Membership Matters – Step Up Part 3**

Your club needs your help.

There are several exciting opportunities for members to step up and serve the club for the upcoming biennium. Please consider putting your name forward to lead in the following areas and we will work hard to ensure that you have a committee to assist you.

1. **Service Committee Chair** - The Service Committee is responsible for showing Hamilton how much Zonta cares by awarding Service Grants and Educational Awards, participating in Hands on Projects such as Birthing Kits and Hygiene Kits, mentoring the McMaster Golden Z Club and partnering with local Service Agencies (along with Advocacy). There are already Zontians who will continue to serve on the committee and steer the sub-committee areas.
2. **Program and Social Committee Chair** - This is a great position for someone who is a great Event Planner. You and your committee will liaise with the meeting venue regarding menus and guests, arrange program speakers and plan special events such as the Holiday and June Socials. Your committee is an integral part of the Membership umbrella, as your efforts make members feel valued by having fun, fellowship and learning opportunities.
3. **95th Anniversary Celebration Chair** - 2023 is the 95th Anniversary of Zonta Club of Hamilton 1 and we hope to be able to celebrate in style and service. Although a celebration will be a year away, a committee will be required to meet soon to make preliminary decisions regarding venue, format and program.

Please call Debbie Field to discuss any of these positions.

### Add Your Voice Membership Campaign

Zonta International is encouraging clubs to grow membership by offering 2 months extra (April and May) to yearly membership dues to new members. Please invite potential members to our meetings. Let them know about the good things we do at Zonta Hamilton 1.

## *McMaster Golden Z Club*

The club held their first in-person event in two years on March 31. Zonta Hamilton 1 member Margaret Good very generously donated products for a self-care night held at the university. Students painted nails, chose recipes and products for facial scrubs, chatted and relaxed. They were given exam care packages, pre-packed masks, information pamphlets about the club and goodie bags to take home. It was a great way to get to know each other in person as well as to meet prospective members for next year.

The last club meeting was on April 7. Next year's executive is ready to start in September with eleven of the members continuing with the club. Neha and Annie will be co-presidents.

Nancy Zilvytis



## *Nominating Committee*

The Nominating Committee has been working hard to put together a list of members willing to serve on the board for 2022-2023.

Our club's strength depends on the willingness of members to step up and take on leadership roles. Unfortunately we are still looking for a candidate for the position of **Recording Secretary**. Please consider putting your name forward, we will support you in this role! If you have any questions, feel free to contact me, Karin Eckart, or any other member of the Nominating Committee. The slate was presented at the meeting on March 22, 2022.

The proposed Slate of Officers and Directors for 2022-23 are:

President – Debbie Field

Vice-President – Alice Tyler

Treasurer – Kathy Marsales

Secretary –

Director – Jelaine Foster – serving 2<sup>nd</sup> year

Director – Janice Sheehy – serving 1<sup>st</sup> year

As has been the practice, our Committee also puts forth nominees for the Nominating Committee. The chair of the committee will be Past President, Trish Mongeon. Marlene Balsdon, Renate Davidson, and Judi Park will serve as members on this committee.

Karin Eckart

## *Advocacy News*

We are delighted to announce that our club, in partnership with the Putman Family YWCA, is hosting a textile art exhibit about gender-based violence.

### **“Comfort/Discomfort”**

**By Jenny Iserman**

**May 10 to May 15 11-3**

**52 Ottawa Street North,**

**The Community Room,**

**accessible by the Dunsmore Street entrance**

**Artist talk Friday May 13, 2pm**

Please note Saturday, May 14th is Sew Hungry Festival

<https://sewhungry.com/>





## *Fundraising Committee*

# maxsold

## Downsizing and Estate Sales

We are currently collecting items for our next Maxsold auction, which will likely be held in June. I currently have about 25 boxes of various household goods, a jewelry box, several bicycles, two screen doors, some small cupboards.

If you or anyone you know wants to get rid of something that we can sell, please let me know. I can arrange pickup, or if it is something larger, I might just take pictures and sell it on Marketplace.

One person's discards are another person's treasures!

Sandra

## *Internet Awareness*

### Phishing, Scammers, Hackers

The internet is constantly under cyber-attack from computer hackers trying to get money from you, trying to steal your identity, or trying to infect your computer or device. Here are some tips to help keep safe.

If a strange email arrives that appears to come from someone you know, hover with your mouse over the name and look closely at the actual email address it is coming from.

The email address could be ok, but if the email seems strange, or especially if they are asking for money, don't believe it. Your friends will never ask you to buy Google gift cards and send the serial numbers by email.

Watch for strange grammar, strange time, fuzzy logo, spelling errors.

Keep your computer or device up to date.

Add your trusted domains (like zontadistrict4.org and zontahamilton1.ca) to your safe sender list. Internet service providers are bombarded by spam and can't possibly ward off all spam and certainly send some emails you may want into spam. I read that Microsoft handles about one trillion messages a day, and they think about half might be spam!

Keep your anti-virus and malware protection up to date.

For important sites like banking etc., always allow two step authentication when signing in.

There are likely many more tips, but just remain vigilant. Everyone has their account hacked at sometime.

If you think you have been hacked, change your password, and run a virus scan. Good luck.



## *Remembering Sheila Forbes*

Sheila Forbes joined our club in January 1970 and was a member until June 2017 when she sold her home, and moved into a retirement residence, then a nursing home. She died this year, February 18, 2022 at the age of 90. She never married and had no children, and her relatives live in England. Sheila studied Engineering at Oxford University, but spent her career here in Hamilton, as a Supervising Engineer at Westinghouse. She oversaw the installation of turbines around the world.

Twelve of us attended her funeral last month, and her nephew from England gave a eulogy which described parts of Sheila's life and career. He has shared that speech and it is attached to this newsletter.

If you would like to make a donation to the club to honour Sheila and her 47 years as a member, you will receive a charitable receipt. Some members have already contributed. We told her nephew Sean that we will let him know the total of the donations made in Sheila's honour.



Thank you.

## *Service Committee Report*

The Service Committee has been very active in the past few months. We have continued our partnership with the YWCA by working with their staff members to assemble 70 kitchen kits, with items from Ikea and Dollarama, for the permanent residents of the Putman Family YWCA and the residents of the Y's Transitional Living program who are moving into new apartments. In partnering with Interval House of Hamilton, several members were able to stuff many hundreds of 'mailers' for their Mother's Day fundraising campaign.

Our committee received Board approval to direct our local grant funds this year to three agencies which most align with our mission of empowering women and girls in addressing their mental health needs. These agencies include: Mission Services -- Inasmuch House, Sexual Assault Centre of Hamilton and Area (SACHA) and Body Brave, whose Director, Dr. Karen Trollope-Kumar, gave us an excellent presentation at our February club meeting.

Finally, the committee and Board have agreed to provide Wesley Urban Ministries with a \$750 donation, available through our Service budget, for their Ukrainian Refugee program. The Wesley Centre is working with the Canadian government and community partners to welcome and assist in the resettlement of Ukrainian refugee families who arrive locally. If anyone wishes to make a personal donation to the Ukrainian Zonta Clubs, who are addressing women's and children's immediate needs, it is easiest to make a donation on the website of District 8, serving northwestern US and British Columbia, who are absorbing the \$45 processing fee for these donations to ensure that all donations go directly where needed.

Thank you to all of the volunteers who have assisted us with these projects and to the Club's support of this committee.

Alice Tyler  
Service Chair



## *#BreaktheBias*



I've been lucky to have an incredible tribe of family, friends, and colleagues who support gender-equity. But hashtag#breakthebias still exists - as I sadly encountered a few weeks ago. Read my article below. As we come towards the end of Women's History month, I have to say that I entered March 2022 with a lot more optimism, enthusiasm, and hope than I have now.

On March 1st, the world was starting to come out of this pandemic slumber. Women were continuing to be acknowledged for making huge accomplishments across the globe. My service group published a list of "Firsts for Women" with over 50 trailblazers acknowledged in the month February 2022 alone (check out the list here [-www.zonta.org/Web/News/Events/Articles/Firsts\\_for\\_Women\\_February\\_2022.aspx](http://www.zonta.org/Web/News/Events/Articles/Firsts_for_Women_February_2022.aspx)). The International Women's Day theme of #BreaktheBias was trending and was a huge movement that empowered women, raised awareness and brought

people together. Personally, I was taking part in some incredible webinars and presentations from inspiring individuals. I was excited to be a part of many organizations that were back to having in-person events. This meant networking, live speakers, conferences and meeting new people. I was absolutely pumped. How could I not be? Keep in mind that during the pandemic, gender bias wasn't really something that I thought of or had to deal with. Of course I've experienced it in the past - what woman hasn't? But my company is made up of an awesome team of men and women who are totally professional and respectful of each other. My amazing tribe of friends and family are incredible, supportive, and don't fall into any gender-bias traps. So while I was at a professional event this month, having a conversation with a male executive in his early 50's, I was shocked at how quickly my rose-coloured glasses of gender-equity were ripped off my face.

During a break, we began talking about the struggles that a lot of firms are having with finding good talent. He proceeded to explain his hiring model (dare I say 'mansplained') which he proudly called his 'Mommy Model'. He found the silver bullet - hiring from large firms women (or 'Mommies') who wanted to have children and didn't want to stay on the partner track. He proceeded to assure me that they are all very skilled and talented, and they feel happy and lucky to work remotely and have the flexibility of the positions that he and his male partner provide for them. Both of which allows them to be mothers and raise their children. The 'Mommy Model'! He was doing them a favour, you see, and they were all so grateful for the opportunity - at least this is the impression I was getting from him.

As my stomach began to sink, the little voice in my head started whispering "WTF?" and I was having a hard time trying to understand what he was saying. Why was I so confused by this conversation? Was I hearing him right? Did I miss something? As I registered everything he said, I came to the realization. I couldn't believe that this male executive was being this degrading and flat out sexist while speaking to a female CEO. At an event that was attended by almost half of women no less! I couldn't believe that he was proud that he was not only keeping women from shattering the glass ceiling, but felt they were grateful for being kept on the ground floor. And most importantly, I couldn't believe he didn't see anything wrong with it.





So, what did I do? Once I was able to pick my jaw up from the floor, I proceeded to use an example of one of my awesome male employees, who recently welcomed an adorable baby boy into this world with his wife. I explained that this particular employee is a rockstar (like all of my employees are), and since my team is hybrid, the flexibility of this gives him the ability to be home with his baby to enjoy the milestones. I then posed the question „I'm not sure, but maybe I should call this the 'Daddy Model'?“ The look of shock on his face when I said this was pure gold. I think it took this turning-of-the-tables for him to realize how wrong it was for him to present his hiring concept the way he did. He quickly tried to back-peddle and said something along the lines that perhaps calling it a "Parent Model" was more appropriate. He then proceeded to politely excuse himself from the conversation.

This experience left me angry. I'm angry that I had to say 'Daddy Model' to get the reaction it did from him. I truly felt that society as a whole was better than this - and I optimistically hope that we are. But I thought that gender-bias in a professional environment of executives wasn't something I would have to encounter anymore. I was wrong. I hope that this experience rocked his world a little bit and also ripped the rose-coloured glasses off his face. This was not okay. Exploiting working women is not okay. Using and boasting about a 'Mommy Model' as a way to not only keep women from shattering the glass ceiling, but to keep them on the ground floor of your organization is not okay.

To all of the professional women - regardless of your choice to be parents - I promise to keep shattering glass ceilings and building the rungs of ladders for you climb up as best as I can. I also promise to speak up for all of us when I encounter situations like this. It's hard enough to be a working mom, we don't need to deal with men like this too.

Diane Stogiannes  
President, Partner at DST Advisory Group Inc.

## *Hamlet at Stratford*

The Stratford Festival has invited Zonta members to this year's production of Hamlet. In an historical first, the role of Hamlet will be played by Amaka Umeh, a black woman. Special pricing has been offered to Zonta members and their friends for some afternoon performances. Tickets must be purchased by May 4<sup>th</sup> for these dates ranging from May 14<sup>th</sup> until June 19<sup>th</sup>.

Tickets cost either \$45 or \$55	Saturday, May 14, 2 p.m.	Saturday, June 4, 2 p.m.
	Saturday, May 22, 2 p.m.	Saturday, June 11, 2 p.m.
	Thursday, May 26, 2 p.m.	Sunday, June 19, 2 p.m.
	Friday, May 27, 8 p.m.	

### **THE ULTIMATE ROYAL FAMILY CRISIS**

*Prince Hamlet, son of Denmark's late king, is horrified – and placed in a moral quandary – by the apparition of his father's ghost. This spectre claims to have been murdered by the brother who now wears his crown – and who, having married the widowed queen, is now not only Hamlet's uncle but also his stepfather. The ghost demands vengeance, but can it be trusted? And can the taking of a life ever be justified?*

*Can this troubled family tolerate any further loss?  
This production takes place in present day, with modern dress.*

**This sounds like fun! Does anyone want to go?  
Get in touch with Sandra Cronk for the link  
and code for these performances.**

